

THE EAGLE

**694th Intelligence Group
inspires fitness among
troops, pages 6-9**

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In Brief

Travel voucher now requires split disbursement

All military travelers must now select the split disbursement option on their travel voucher claims to directly pay their government travel card expenses, according to finance officials.

Split disbursement requires travelers to tally up their government travel card expenses and authorize enough funds to be sent automatically to Bank of America to pay off their charges, said Michael G. Weber, Air Force travel card program manager at the Pentagon. Any remaining travel settlement will still be sent to the traveler's personal account.

Although split disbursement is not yet mandatory for civilian employees, Weber encouraged them to take advantage of its timesaving benefit.

For more information, Air Force travelers can contact their finance office or unit travel card program manager.

Airmen can now carry over more leave

Active duty airmen will be allowed to accumulate more than 60 days of annual leave after the fiscal year ends, according to Air Force Personnel Center officials.

The airmen must have been unable to take leave because they were supporting contingency operations. Affected individuals must apply for a leave waiver in accordance with AFI 36-3003, which requires commander's

See "Briefs," page 5



photo by TSgt. Marilyn C. Holliday

Crunches were a part of the monthly fitness incentive events in June. Participants competed according to age groups. See story below for more information.

HAWC sponsors monthly fitness incentive events

TSgt. Kristina Brown

70th Intelligence Wing Public Affairs
Fort Meade, Md.

As part of the 694th Intelligence Group's 2003 Fit Warrior Incentive Program the Health and Wellness Center has sponsored monthly fitness incentive events during March, April and May.

The events are designed to increase the overall health and fitness level of not only each individual, but also of the unit

as a whole.

"Its purpose is to increase participation in fitness activities and further develop esprit de corps," Maj. Robie Hughes, Health and Wellness Center chief, said.

The Fit Warrior Program began March 7 with a "Set Your Goal Day." Following opening remarks by Col. Kathryn Gauthier, 694th IG commander, more than 120 members participated in

See "Fitness," pages 6-9

Apply personal risk management during 101 Critical Days

By Col. James O. Poss

70th Intelligence Wing commander
Fort Meade, Md.

More Air Force members are killed or injured in mishaps during the 101 Critical Days of Summer than at any other time of the year. To reverse this trend we must aggressively target the on- and off-duty risks posed during the summer months with special emphasis on safe motor vehicle operations, seatbelt usage, heat-related effects, driving or boating under the influence of alcohol, water sports and motorcycle operations.

In fiscal year 2001, Air Combat Command sustained six fatalities during the 101 CDOS and eight fatalities in fiscal year 2002. Our goal this summer was zero mishaps.

We can reach this goal if we develop effective safety plans based on prudent risk management, aggressively execute those plans, and ensure that every 70th Intelligence Wing member fully participates.

Summer months also bring a number of extra stressors - high temperatures, summer rotations and family vacations.

That is why safety is paramount and must be everyone's responsibility. We can appreciate the hazards and distractions inherent in summer activities and understand how they often hinder our ability to keep focused on what we're doing. It is this lack of focus that often results in mishaps and injuries.

I ask everyone to stress personal risk management skills and to apply PRM both at work and home. Frontline supervisors must attempt to instill PRM skills and habits in their personnel.

We owe it to our people to foster the PRM skills that can preserve and enrich their lives. Applying PRM, refusing to take unnecessary risks, and observing the following precautions can help everyone have and enjoy a mishap free summer.

- Take a few minutes to stretch and limber up before joining in any sporting events.
- Plan your travel in advance and don't overextend yourself on driving trips.
- Know your limitations and take rest breaks when you feel tired.
- Always wear your seatbelts and ensure all other vehicle occupants wear their seatbelts too.

Use good judgment and never drive after drinking alcoholic beverages. Of course, you must always be prudent with alcohol no matter what you do.

Alcohol use increases the chances for mishaps in other activities like hiking, boating and swimming. It's best to avoid alcohol consumption when you plan to engage in activities that require physical or mental dexterity.

I care about each of you, but I can't be there with you all the time. You must take personal responsibility to do your best to preserve your own, your co-workers', your family's and your friends' safety.

Everyone should take time to assess the risks of their actions and then take steps to mediate those risks and, when prudent, keep commanders and supervisors apprised. Keep safety in mind as you enjoy your backyard barbecues, family reunions and recreational events and avoid unnecessary risk.



Col. James O. Poss

Commander's Action Line

A direct link to the 70th Intelligence Wing Commander

The action line is a monthly column designed to address the questions and concerns of members of the 70th Intelligence Wing.

The column is intended as a forum to support individual concerns and should be used in conjunction with the chain of command, inspector general, chaplain, or other professional means.

Try to resolve issues and problems at the lowest level possible. If you feel you are not getting satisfactory results, you may direct your

concern to this forum.

Questions and concerns must be accompanied by a complete name, phone number or e-mail address for official responses. For privacy concerns, names will be withheld from newsprint on request. All Action Line items will receive the commander's attention. Action items can be brought into the public affairs office in building 9805, room 222 or e-mailed to 70iw.pa@ft-meade.af.mil.

Also, look for an Action Line link on the 70 IW web page.



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CSAF talks changes in Air Force

Fitness, uniforms top list of changes

By TSgt. Mona Ferrell
USAFE News Service
Ramstein AB, Germany

New demands on today's airmen are driving changes to the Air Force physical fitness program and a possible new uniform, said the service's senior leader during a visit here Aug. 13. As the Air Force's needs and demands change, so should airmen, said Air Force Chief of Staff Gen. John P. Jumper.

"I think anybody who's been a part of the expeditionary Air Force, living in tents in 120-degree desert heat, knows that we need to pay attention to how fit we are when we deploy," Jumper said. "In the early 1990s, we began cycle ergometry, and I think when we did that, we lost all of the social aspects of physical fitness. We stopped working out together, and we drifted away from the basics," he said. "I want something that we can do when we're deployed; we can always run, and we can always do push-ups and sit-ups when we're deployed — that's what we need to be able to do."

The new program will also put physical-fitness responsibilities back in the hands of squadron commanders and their airmen, Jumper said. "Rule No. 1 is that everyone will participate," he said. "Squadron and unit commanders are going to be responsible for the fitness of the people in their squadron, and eventually it will show up on their fitness reports. The squadron commander will ultimately, once we get going, be graded on the percentage of the people in their squadron who pass or (don't) pass."

"This is much different than the way we do it now, where physical fitness is enforced by either the medical community or unit orderly rooms," Jumper said. "We're going to put it in the hands of the squadron members to make sure their unit

“When you look in the mirror in the morning and say that there's not anything that I can do with my life, nothing more valuable to my nation or myself than what I'm doing today ... I tell you, what's not to like? This is a great Air Force.”

Air Force Chief of Staff Gen. John P. Jumper

and members pass the test ... this will unfold slowly, but step No. 1 is getting everybody out there and ready by January."

Our involvement into a more expeditionary Air Force may also lead to a change in the Air Force uniforms, Jumper said.

"Anybody who's worn the current woodland (battle-dress uniforms) knows that the first time you take them to the dry cleaners to get them washed and starched is the last time any air passes through that material. It is now sealed up forever, and it doesn't breathe any more," Jumper said.

"What we did was take a lesson from the Marine Corps, who got a hold of some new material that's truly wash-and-wear. This will alleviate somewhere between \$20 to \$40 a month of dry cleaning bills for our members," he said. "We also went out to people and got their ideas about the right kind of belt, and the right kind of pockets placed on the uniform so they're more useable. "The color is an experiment," the general said.

"If you look at some of the scientific data, the color (of the test uniform) at night is actually better than the current camouflage uniform. We do a lot of our fighting at night, so it's a test; that's what it is. "What I don't like is people giving me their opinion before they've seen it," he said. "Most people I've gotten feedback from are very objective and willing to take

a look. And that's all I'm asking people to do — take a look at it and see what we think. We're all going to decide together." And these decisions, combined with other Air Force quality-of-life initiatives, lead to a higher "value of life," Jumper said.

"When I say quality of life, what I mean is more about the value of life, than higher standard of living," said the general. "It's how good we feel about what we do. There's certainly a material side of that, and the material side is we're going to continue to get pay raises. "We're in the service of a very grateful nation right now. All you have to do is walk downtown in uniform anywhere in America, and people will come up and thank you for your service," Jumper said. "They have no idea who you are, or what rank you are, but they know they are grateful. You are the symbol of the pride and strength of this nation," he said.

"If you think of your counterparts that you went to high school or college with, what are they doing? Do people come up to them in the street and thank them for what they do? ... That is a very big part of quality of life."

"When you look in the mirror in the morning and say that there's not anything that I can do with my life, nothing more valuable to my nation or myself than what I'm doing today ... I tell you, what's not to like? This is a great Air Force."

Air Force colonel remarks on career highlights

Editor's Note: Col. Dennis R. Mitzel, retired July 15 from the United States Air Force. He originally enlisted in the U.S. Army in 1964. These are his condensed remarks that were made during the retirement ceremony on the parade grounds at Fort Meade.

Col. Dennis R. Mitzel

Chief, National Tactical Integration Office of the Customer Relationships Directorate
Fort George G. Meade, Md.

I am very grateful to all of you for attending our retirement ceremony. Please notice that I have used the word *our*. This is completely appropriate because it is not just me who is retiring from the military; it is our entire family. No words or gifts can ever be enough to express my thanks to my family for being so supportive. Your sacrifices for your country have allowed me to have great satisfaction and much success throughout my career. Cathy, your love has been my rock and you truly are my best friend. But I also want to publicly thank you on behalf of all of the people you have so selflessly helped; including finding jobs for the enlisted spouses who were struggling financially and emotionally; setting up meals for families with mothers in the hospital, writing resumes for people who were afraid to do it on their own, being the best U.S. ambassador of friendship in the world to many of our foreign partners, etc, etc, etc.

I also want to ensure I say thank you to the Air Force and Army personnel across the formation today. I know that very few of you know me personally. But I want you to know that I am honored by your participation. I came up through enlisted ranks of both the Army and the Air Force so I have stood in many formations for strangers myself. The important thing to remember is that even though we don't personally know each other, we stand together in a special fraternity that is the profession of arms. Part of the profession of arms is our traditions. Your participation in this traditional ceremony

strengthens our fraternal bonds. But, if you don't remember any other thing that I say today, please remember this. Don't lock your knees!

How can military service that goes back 39 years be reflected in a speech? It is impossible. As I sat down to write my speech, I reflected on the major events in my career. They are too many to mention, both good and bad. Many of my most satisfying and impactful activities are classified and therefore cannot be discussed today.

I have seen war up close and I have seen great courage in war ... but I have also seen courage in many other ways. I have seen single mothers continue to do an outstanding job on shift work without complaint while coping with a sick baby at home ... I have seen a senior NCO struggle, but succeed in recovering from alcoholism ... I have seen young soldiers and airmen who have taken remedial reading courses so they could get their high school equivalency or pass their promotion test. I have seen raw talent blossom into solid NCO leadership of peers because replacements were not coming in. I have seen the first all female surveillance and warning center team defeat the all-male highly experienced competition in a test of speed and accuracy of critical reporting. I have seen overweight airmen conduct a courageous fight just so they could reenlist in the military. I have seen military personnel and their families volunteer to help the extraordinary athletes in the Special Olympics. I have had several personnel tell me I inspired them to either reenlist or to compete for officer training school. I want to give a special welcome to 2nd Lt. Timothy Hoch who recently honored me



photo by TSgt. Marilyn C. Holliday

Col. Dennis Mitzel, retiree, at left, poses with Brig. Gen. Neal Robinson, Air Intelligence Agency vice commander and presiding officer, during one of the official presentations for the retirement ceremony July 15 at the Fort Meade parade grounds.

with the privilege of giving him the oath of commissioning into the officer corps. Yes, I have been many places and had the privilege of working with and for so many outstanding people. Oh, the things I have seen!

Some of you have either heard me talk about or read some of my writing about Vietnam. It may come as a surprise to some of you to hear that up until about three years ago, I did not talk about my Vietnam War experience. But, there are very few people on active duty today who fought in the Vietnam War and I believed I had an obligation to share some of the reality of war with the people I worked with.

The Vietnam War was the turning point in my life. It was the worst experience and the best experience in my life, all at the same time. One of the most profound lessons I learned from the war was that intelligence, and particularly signals intelligence, was not effectively used in the war. Not because the information was wrong, but because it was misunderstood or not made readily available to the warfighter planners and implementers.

Also, for much of my time there, I was in the field in harm's way trying to operate equipment that was not optimized against the target.

I have dedicated my career since this experience to ensure that our military and civilian personnel in harm's way have effective capability. Moreover, I have dedicated my career to ensuring that intelligence, and especially SIGINT, was not just seen in a supporting role, but was truly "in the fight," from the initial plans through execution and post-combat operations. Obviously, this has not been a one-man crusade. Many people, both civilian and military, have used their considerable talents to put SIGINT in the fight as I described above and our success in Operations Enduring and Iraqi Freedom have been especially heartening.

I believe "in the fight" should be an ethos not only for our military, but also for our entire nation. The reason for this is the horrible events of Sept. 11, 2001. For the first time in the history of our nation we are fighting an enemy who considers every American, including even unborn American children in the womb and elderly Americans taking their last breath, as legitimate targets for their acts of violence. I am not saying we should be paranoid, and certainly, we should not change our way of life; however, we must concentrate our resources on taking the fight to the enemy and providing our unswerving support for the military and civilian personnel on the front lines of the global war on terrorism.

For me though, "in the fight" is not just applicable in war. It is applicable to what we do in the profession of arms every day including our routine, but vital organize, train, and equip missions. It also includes our constant worldwide humanitarian missions and our surveillance and warning operations where I participated for the past 39 years as a sentry for freedom.

Finally, for me, being "in the fight" is the essence of joy and satisfaction in life. For me, "in the fight" does not just refer to military-related activities...it is a way of life which says that no matter whether you win or lose, there is great joy in just being in the fight.

I would like to end this speech and my military career by quoting someone who has said this simple idea of the essence of life far more eloquently than I.

"It is not the critic who counts, nor the man who points out how the strong man stumbled, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again who knows the great enthusiasms, the great devotions, and spends himself in a worthy cause; who, at the best knows in the end the triumph of high achievements; and who, at worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who know neither victory nor defeat." Theodore Roosevelt said these words in 1910 and these words remain pertinent today.

70th IW warriors, AF NTI team garner praise from CENTCOM commander

On behalf of "Team CFACC," I want to extend our appreciation to the entire 70th Intelligence Wing distributed team for your remarkable contributions in Operation Iraqi Freedom. Your Air Force National-Tactical Integration initiative provided CENTAF with an unprecedented reach-to capability. The AF-NTI team, coupled with the sustained operational efforts of both the 31st Intelligence Squadron and the 94th Intelligence Squadron, were key to our rapid victory. It was readily apparent the 70th IW was exceptionally well prepared to fight this major theater war. In turn, your team's ability to flex to emerging targets during the conflict directly contributed to our collective effort to liberate Iraq from the Baathist Regime of Saddam Hussein.

The incredible "reach to" network of warfighters around the globe made Operation Iraqi Freedom possible. All 70th IW warriors involved in the national and airborne SIGINT apparatus were but one significant example of the entire distributed "One Team, One Fight" U.S. Central Command Air Forces warfighting team.

Please pass on my deep appreciation to your people and ensure they understand their participation in Operation Iraqi Freedom was a key contributor to bringing hope and freedom to the Iraqi people.

*Sincerely,
Lynn A. Herndon, Colonel, USAF
Director of Intelligence
U.S. Central Command Air Forces*

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approval.

Air National Guard and Air Force Reserve airmen who performed full-time training or other full-time duty for more than 29 days are also eligible for this special leave accrual.

Those affected can retain up to 90 days of leave until the end of fiscal 2004, according to personnel officials.

"This program is meant to enable people to take (the) leave they've earned," said MSgt. Don Taylor, the customer support operations superintendent at the center. "In order for the program to work as planned, though, those affected need to take not only the leave they are carrying over now, but also the leave they will earn during the next fiscal year, or they may lose leave next year."

Those who meet the criteria for having excess leave should apply for special leave accrual through command channels. For more information, contact your unit's orderly room.



photo by TSgt. Marilyn C. Holliday

Pushups were on the agenda in June, along with crunches, as members battled it out for top finishes. See the list of winners below.

Group sponsors incentive programs to keep fitness fun for airmen

“Fitness,” from page 1

preventive health screenings for cholesterol, blood pressure and body fat measurements.

“Set Your Goal Day” allowed individuals to obtain free, baseline health information prior to starting a new fitness improvement program. Also, TSgt. Brooke Miller, 694th IG dietary technician, was available to answer nutrition questions and provide guidance for weight loss programs.

In March, the Eagle Fitness Center hosted a Bench Press Competition with fourteen participants competing for individual titles. SMSgt. Anthony Richardson from the 91st Intelligence Squadron was the overall winner in the open division, bench pressing 405 pounds. Richardson also placed first in his weight division and first in the submaster’s division. CMSgt. Robert Wyman from the 29th Intelligence Squadron took the master’s division trophy, with a bench press of 335 pounds.

Next on the agenda for the Fit Warrior events was the 5K Fun Run-Walk-Relay. More than 100 runners and walkers, including three relay teams crossed the finish line after completing the Fort Meade Golf Course and NSA Trail.

Top male and female runners were: A1C John Wood from the 22nd IS at 20:02 in the 5K run; female finisher was SSgt. Marge Pittman, also from the 22nd at 28:36. The first place relay team represented the 694th Support Squadron. Relay team members were: Lt. Col. John Kaplan, Capt. Jordon Cochran, Capt.

Eric French and SSgt. David Wooddell, finishing at 22:02.

For May, the agenda included a push up and crunch competition. Individual awards for six different categories were up-for-grabs. Winners were:

PUSHUPS

Men’s divisions:

25 and younger

Tim Jacobs, 29th IS

35 and younger

Joe Avila, 29th IS

36 and older

Bob Wyman, 29th IS

PUSHUPS

Women’s divisions:

25 and younger

Mary Ossiander, 22nd IS

35 and younger

Dawn Humphries, 694th SPTS

36 and older

Kathryn Gauthier, 694th IG

SITUPS

Men’s divisions:

25 and younger

Eric Corpuz, 32nd IS

35 and younger

Steven Hall, 22nd IS

36 and older

John Kaplan, 694th SPTS

SITUPS

Women’s divisions:

25 and younger

Mary Ossiander 22nd IS

35 and younger

Dawn Humphries, 694th SPTS

36 and older

Kathryn Gauthier, 694th IG

694th Support Squadron crowns cardio-kickboxing champion

TSgt. Kristina Brown

70th Intelligence Wing Public Affairs
Fort Meade, Md.

The 694th Support Squadron at Fort Meade, Md., crowned MSgt. Karen Thompson, 694th SPTS Military Personnel Flight superintendent, as their cardio-kickboxing champion May 7.

"Thompson showed unbelievable stamina, form and speed during the one-hour competition at the Eagle Health and Fitness Center," Lt. Col. John Kaplan, 694th SPTS commander and one of the participants, said. "The cardio-kickboxing title competition started in February 2003 as a vehicle to improve 694th SPTS overall fitness."

In February 2003, the competition began with a selection of the best cardio-kickboxer in four categories: CGO, Senior NCO, NCO and Airman.

Winners were: 2nd Lt. Christopher Kennedy, 694th SPTS Education Office Flight commander, CGO category; Thompson, SNCO category; TSgt. Lisa Thomas from the 694th SPTS Communications Flight and SSgt. Jennifer Gilbert from the 694th SPTS MPF, tied it up in the NCO category and A1C William Wloczewski, from 694th SPTS Small Computers Flight, took the Airman category.

Gregory Redmon, cardio-kickboxing instructor really challenged the competitors with a tough workout from start to finish. With each competitor holding two or three pound weights, the competition included a spirited five-punch combination of jab, cross, hook, uppercut and backhand. The competitors were also pushed to the limit as they climbed the ladder to heaven. Additionally, the competitors showed their form and stamina by holding the weights at a 45-degree angle while high-stepping. The

final portion of the contest was an abdominal routine with hundreds of crunches and the "plank," an abdominal exercise in which a person holds himself on his elbows and forearms and toes in a push-up position with his back as-straight-as-a plank.

In addition to Kaplan, 1st Lt. William Gibson, 694th SPTS Transition Flight commander, served as a judge. "The stamina and form of all the competitors were absolutely amazing," Kaplan said. "Each competitor showed an outstanding level of physical fitness, especially MSgt.

Karen Thompson. "I was very proud of everyone. Each competitor showed what the squadron's 'can do' spirit is all about."

MSgt. Karen Thompson (left) captured the cardio-kickboxing champion title during 694th Support Squadron competition.

photo by TSgt. Marilyn C. Holliday



Incentive events increase overall health & fitness

courtesy of the HAWC

Fitness is an important component of maintaining a healthy force. More than 60 percent of all adults do not achieve the recommended amount of regular physical activity.

In fact, studies show that 25 percent of all adults do not exercise at all.

Because of this lack of physical activity, millions of Americans suffer from illnesses that could have been prevented or improved through regular exercise. Obesity and sedentary lifestyles are now two of the top three preventable factors leading to major disease and illness in America today.

An estimated 300,000 people will die this year due to health complications related to obesity. Obesity and sedentary lifestyles are major risk factors for developing type-two diabetes and cardiovascular disease. Even moderate amounts of increased physical activity can have dramatic effects on reducing health-risk factors for disease.

Health-risk reduction is improved

even more with as little as a 10 percent weight loss. Studies have shown a reduction in blood glucose, blood pressure, and cholesterol levels with routine moderate exercise and a 10 percent weight loss. Some additional benefits of

routine exercise may include: higher energy levels, improvement in strength and density of bones, significant protection from heart disease, improvement in work productivity, reduction in sleep problems, better stress management and a reduction in body fat composition.

The 694th IG 2003 Fit Warrior Program is designed to increase the overall health and fitness level of each Air Force member and the unit as a whole. Its purpose is to increase participation in fitness activities and further develop esprit de corps. The program offers individual and squadron rewards based on points accumulated for participation and fitness accomplishments.

Individuals earn points based on duration and frequency of aerobic and strength building exercises. Incentive prizes will be awarded based on points earned. For 500 points, individuals receive a 2003 Fit Warrior T-shirt. After earning 1,000 points, individuals receive a stainless steel coffee mug. For 1,500 points, individuals receive a compass/stop-watch/belt clip. For earning 2,000 points, individuals receive a duffle bag. Prizes are provided on a first-earned and first-come basis, as long as supplies last.

Participants can log in their earned points on the fitness database located on the classified website: <https://www.ft-meade.usaf.nsa/fitnesweb/default.asp> or the unclassified fitness database at <https://www.ft-meade.af.mil/fitnessweb/>. There is a fitness database link, located at the 694th IG website.

Monthly fitness incentive



photo by TSgt. Kristina Brown

The 5K Fun Run-Walk-Relay was the contest of choice for Fitness Warrior participants in May.

events are scheduled through September 2003. Other events were: Tour de Eagle, where each squadron competed to cycle the most miles; Ultimate Frisbee competition; and Stair Climber Competition will see who can climb the most flights of steps between 8 a.m. and 4 p.m. Aug. 8 at the

HAWC. The final fitness event is the Joint Service Fitness Challenge, involving not only the Air Force members, but the Army, Navy, Marine and Coast Guard members in a contest to include pushups, crunches, 5K run, and four-person 5K relay. A 5K fun walk around the NSA/

Fort Meade Golf Course Trail will also be conducted for individuals preferring to walk instead of run.



SSgt. Dawn Humphries won in her division for both the pushups and crunches contests held in May at the fitness center.

photo by TSgt. Marilyn C. Holliday

Individual Fitness Points

<u>Activity</u>	<u>Distance/Time</u>	<u>Points</u>
Unit activity/sports days	Participating/Support	10/3
Intramural/varsity sports games	Participating/Support	10/3
Aerobic activity (jogging, walking, skating, stair stepper, cycling)	30 minutes/45 minutes	10/15
* Bonus points		
- Walking/jogging/stair stepper	each 100 miles	10
- Cycling	each 150 miles	10
Aerobics class offered at Eagle	30-45 minutes	10
Fitness incentive events	Participant	10
Weight training	30 minutes/ 60 minutes	10/15
Complete PHA Assessment	Annual Preventive Health	10
Attend health education class	30 minutes/60 minutes	10/15



Photo by TSgt. Kristina Brown

During ceremonies at Club Meade, Air Force Sergeants Association Chapter 254 announced the 2002 First Term Airman of the Year. From left, are: Ed Kling, AFSA Division 2 president; MSgt. Michael Purvis,

AFSA Chapter 254 president; SSgt. Ron Martinez from the 70th Intelligence Wing, 2002 First Term Airman of the Year; and CMSgt. Thomas Giroir, 70th IW Command Chief Master Sergeant.

70th airman wins big with AFSA

TSgt. Marilyn C. Holliday

70th Intelligence Wing Public Affairs
Fort Meade, Md.

SSgt. Ron Martinez from the 70th Intelligence Wing was named the Air Force Sergeants Association Division 2 First Term Airman of the Year.

Competition was steep as the best of the best competed from Andrews AFB, Md.; Dover AFB, Del.; McGuire AFB, N.J.; Fort Meade, Md.; Atlantic City, N.J.; Pittsburgh, Pa.; New Cumberland, Pa.; Philadelphia, Pa.; and Lajes Field, Azores.

"This is no small accomplishment," MSgt. Michael Purvis, AFSA Chapter 254 president at Fort Meade, said. "I can tell you from a first hand account that the competition was incredible ... a tribute to our first term airmen. We have some amazing

young airmen serving our country."

Martinez is a linguist assigned to the 22nd Intelligence Squadron, where he expertly trained four other members on strategic intelligence reporting procedures and analytical functions, decreasing the time to complete routine tasks by 33 percent, according to Lt. Col. Mary O'Brien, 22nd IS commander.

"He is a leader among his peers," O'Brien said. Of the 35-member flight, Martinez was the only senior airman selected to perform duties as the rater and supervisor for fellow airmen.

In his off-duty time, Martinez completed an associate's degree from the Defense Language Institute Foreign Language Center, an associates in communications applications technology from the Community College of the Air Force and a bachelors degree

in liberal studies from Excelsior College.

Martinez is also active in the 694th Intelligence Group's Elite Honor Guard, working 46 details in 2002. He's also active with many community projects to include: Pershing Hill Elementary Partners in Education where he serves as a math and reading tutor, youth center basketball team coach, Squadron Adopt-A-Highway volunteer and Salvation Army volunteer.

He is the 2002 First Term Airman of the Year for AFSA Chapter 254, which represents Fort Meade and the surrounding area to include Baltimore. "He tops the list of more than 1,000 eligible airmen," SMSgt. Peter Rich, Chapter 254 vice president, said. "He is the total package and epitomizes citizenship, airmanship and leadership – most deserving of the AFSA First Term Airman of the Year."

Local civilian earns recognition during National Public Service Week.

TSgt. Marilyn C. Holliday
70th Intelligence Wing Public Affairs
Fort Meade, Md.

Michelle Stanbrough, a clerical specialist from the 694th Intelligence Group of the 70th Intelligence Wing, was recognized as the Baltimore Federal Executive Board gold award winner recently.

The top civilians are recognized through the Federal Career Award Program and presented individual awards annually in conjunction with National Public Service Recognition Week.

Stanbrough received the highest recognition as the outstanding clerical specialist in the Baltimore area. She is secretary to Col. Kathryn Gauthier, 694th Intelligence Group Commander. Gauthier arrived at Fort Meade in July and nominated Stanbrough for the award.

"The many accomplishments of our nation's military in the war on terrorism are built on the unsung heroes like Michelle Stanbrough, whose administrative efficiency, team focus and

superb communications flow allow senior leaders to focus on critical operational and support challenges," Gauthier said. "Whether solving the hot issues of the day, improving coordination with other agencies, or performing scheduling miracles, she always demonstrates the highest levels of professional competence, pride in her work and extraordinary customer service."

Her list of accomplishments includes playing a critical role in the 694th IG change of command ceremony, helping set up group quarterly and annual award ceremonies, assisting with protocol needs for the National Vigilance Park C-130 rededication ceremony, work group manager certification, setting up 14 distinguished visitor itineraries, organizing the first civilian training meeting and rejuvenating the partner commander luncheons.

"I was raised by parents that taught me to work hard and try to do your best in everything that you do," Stanbrough said. "I try to help where I can and if I don't know how to do something I learn how. I'm not afraid to take on new tasks and expand my abilities to accomplish new things."

Her daily responsibilities include coordinating the schedules for the group commander, deputy commander, six squadron commanders and 13 operating locations, plus she manages group protocol functions.

"She is a quiet professional who is always going above and beyond what you would expect of a secretary," Gauthier said. "She does whatever needs to get done and she always does it really well."

Before she came to the group in November 2001, she worked at the American Embassy in Ankara, Turkey, before transferring to the Office of Defense Cooperation, also in Ankara. She traveled to Fort Meade when her husband, Jack, received orders to Fort Meade.

"I work with hard working professionals that motivate me to do my best," Stanbrough said.

See "Award," page 16



photo by TSgt. Kristina Brown

Michelle Stanbrough was recognized by the Federal Career Board during National Public Service Week as the best clerical specialist in the Baltimore area. Stanbrough has been with the 694th Intelligence Group for three years and has earned several other civilian awards during that time.

543rd, MRSOC members race for the cure in San Antonio

SSgt. John Waldron
543rd Intelligence Group
Lackland AFB, Texas

Members of the 93rd Intelligence Squadron and the 543rd Intelligence Group took to the streets of downtown San Antonio, Texas, April 5 to raise money for the fight against breast cancer.

SrA Robin Arp, 93rd IS coordinator for the event, said the turnout for this year was more than twice the number of people who came to the Race for the Cure in 2002.

"The first year we had about 15 people come out and attend," she said. "This year we had over 40 people sign up."

Lt. Col. John Stauffer, 93rd IS Commander, said he was very impressed with the commitment San Antonians showed for the breast cancer research cause.

"It was another impressive turnout for the entire city of San Antonio, as we all gathered to show our support for finding a cure for breast cancer," Stauffer said. "Professional runners, power walkers, strollers, men, women, old

and young all gathered in solidarity for a common goal."

Stauffer said he was also impressed with the number of breast cancer survivors who came out to support the cause.

"When I looked out into the crowd and saw the large number of survivors wearing pink T-shirts it was eye opening," he said.

The group from the 93 IS took part in the event together with nearly 300 other participants from AIA who raised a total of \$13,412 for breast cancer research.

In addition to the Air Force contingent, members of sister units collocated with the 93rd IS also participated in the event.

SFC Douglas Vick, stationed in San Antonio with the 314th MI BN, said events like the Race for the Cure present an excellent opportunity for personnel from the MRSOC to show their support for community endeavors.

"It shows the community that there is a partnership between them and the military bases in San Antonio," he said. "It makes it clear that we are here to support them regardless of the cause."



Courtesy photo

Race for the Cure volunteers from the 93rd Intelligence Squadron and 543rd Intelligence Group gather outside the Alamodome prior to walking and running in support of breast cancer research April 5.

Top Three cleans up local cemetery



courtesy photo

SMSgt. Robert Thomas from the Meade Top Three does some pruning during cleanup at the Crownsville Veterans Cemetery.

TSgt. Marilyn C. Holliday
70IW/PA
Fort Meade, Md.

In an effort to ready the grounds for Memorial Day visitors, several volunteers from the Meade Top Three organization cleaned up at the Crownsville Veterans' Cemetery May 3.

Top Three members and their families make the trip to spruce up twice each year. "All veterans are important," MSgt. John Skrynecki, Top Three's outreach program coordinator, said. "I'm certainly cognizant of history and I know that many hardships were endured for our freedom."

About 15 volunteers, including spouses and teenagers spread mulch, trimmed trees and cleaned up for the Memorial Day visitors, one of the two biggest days for visitors to the cemetery, the other being Veterans' Day.

"We owe them a great debt," Skrynecki said. "Their sacrifices should be remembered."

As part of the ongoing outreach program of the Top Three, the group is also participating in Adopt-A-Vet, where the organization takes care of several veterans throughout the year, and also in Recruiter Outreach, helping local recruiters visit schools.

Ready, Set, Lift

Marlon Leacock, representing the 70th Intelligence Wing, took first place in his weight class and was also awarded the pound-for-pound trophy in the June Fort Meade Bench Press Contest. He weighed in at 158 lbs and won with a lift of 335 lbs. He also took first place in his weight class during the April competition.

Left: Marlon Leacock gets set to lift 335 lbs.

AT RIGHT: He lifts 335 lbs under up-close scrutiny by one of the Fort Meade judges.



photos by TSgt. Marilyn C. Holliday

Eagle Warrior



Patrice Andrews
AIA Civilian of Year

Years of Service: 3 1/2 years

Hometown: Southern California is home, however, being a military brat, I've lived all over the world.

Family: Mom, Dad, two sisters, one brother and my dog, Gus

Job Title: 694th IG exercise physiologist and fitness program manager

Primary Duties and Responsibilities: Oversight for the fitness testing program, design and implement comprehensive exercise programs targeted at a specific population's fitness level, provide one-on-one counseling for exercise, nutrition and behavior modification.

Most Rewarding Job Aspect: Without a doubt, it is the interface that I get with the individual members. I got into this field to affect individuals on a personal level; it is rewarding to see a member get positive results from a program that I helped them implement.

Goals: Long term - acceptance into a PhD program in public health ... short term - to learn how to rollerblade (actually, it's not the rollerblading that is the problem so much as the braking).

Hobbies: Anything that involves hanging out with my dog ... anything outdoors.

Favorite Aspect of Fort Meade: The people.

What would you change about Fort Meade? The attendance at my spinning classes (they're really fun ... honest!)

70th Intelligence Wing salutes ...

Airman Leadership School Graduates, Class 2003-E

70th Intelligence Wing Airman Leadership School Award Winners

John L. Levitow Award

SrA David H. Marble

22nd Intelligence Squadron

Leadership Award

SrA Henry S. Burgess

32nd Intelligence Squadron

Distinguished Graduate Award

SrA Henry S. Burgess

32nd Intelligence Squadron

Academic Achievement Award

SrA Melissa D. Nelson

22nd Intelligence Squadron

Class 2003-E graduates

22nd Intelligence Squadron

SrA Sally Allison

SrA Gilbert Deleon Jr.

SrA Elizabeth C. Diehl

SrA John E. Kayser

SrA David H. Marble

SrA Marcie Mascaro

SrA Melissa D. Nelson

SrA Marisol Torres

SrA Michael L. Were

SrA Jason D. Gruver

SrA William A. Ward III

694th Support Squadron

SrA Robert D. Aldridge

91st Intelligence Squadron

SrA Rebecca Hatcher

SrA Stephen R. Picard

94th Intelligence Squadron

SrA Julia A. Kimbrell

32nd Intelligence Squadron

SrA Henry S. Burgess



photo by TSgt. Kristina Brown

Class of 2003-E Airman Leadership School graduates at Fort Meade, Md.



photo by TSgt. Kristina Brown

After accepting their diplomas, graduates from the 70th Intelligence Wing turn their tassels, officially becoming Community College of the Air Force degree-holders.

Education services flight holds annual graduation ceremony

In ceremonies May 29 at the Fort Meade post theater, 101 members of the 70th Intelligence Wing accepted their Community College of the Air Force associate's degrees.

The wing's education services flight hosts a graduation ceremony each May. The commencement address for the event was given by CMSgt. Thomas Giroir, 70th Intelligence Wing command chief master sergeant.

Graduates are:

SSgt. Cynthia A. Altbach
SrA. Merri S. Arocha
SrA. Ahisha D. Avant
SSgt. James D. Beamon
TSgt. Jennifer K. Bonfigli

MSgt. Susan D. Boyd
SSgt. Daniel M. Brown
SSgt. Dion M. Butler
SSgt. Moca Colbert
SrA. Michael W. Creek
TSgt. Amie J. Davis
TSgt. Francisco Delgado
MSgt. Elizabeth B. Deneke
MSgt. Todd H. Duncan
SrA. Darci L. Field
SSgt. Christopher S. Gile
SSgt. Sharon Gilmore
SSgt. Brian R. Gross
SSgt. Russell W. Haffner
SrA. Candace R. Haupt
SSgt. Patrick W. Hays
SSgt. James E. Henry
SSgt. Janeth E. Herman
SSgt. William S. Holliday
SSgt. Cynthia A. Jenkins
SSgt. Cherish H. Jordan
SA Michael L. Kierman

SSgt. Portiah A. Leacock
TSgt. Robert K. Lee
SSgt. John F. Lisle
MSgt. Kevin J. Lucas
SSgt. Luis Maldonado
SSgt. Todd A. Maloney
SSgt. Ronald Martinez
SrA. Jennifer K. Mast
SSgt. Kimberly McCormack
TSgt. Tracy D. Mccorquodale
MSgt. Jerome F. McCoy
TSgt. Frederick A. McGowan
SSgt. Denise L. Mcqueen
SSgt. Todd A. Michel
SSgt. David Milliken
SSgt. Michael Neary
SrA. Erica R. Neubauer
SSgt. Rachel L. Nygren
TSgt. David J. Osborn
MSgt. Stanton D. Palmer
SSgt. Guy V. Pearson
SSgt. Marguerite E. Pittman

SSgt. Ryan L. Quigg
TSgt. Bryn L. Riska
TSgt. Julie A. Sanders
SSgt. Jeremy W. Scheerer
SSgt. Michael D. Scoble
SSgt. Christopher W. Shears
SSgt. Aliza M. Shibata
SSgt. Pedro S. Silva
MSgt. Joseph P. Smith
MSgt. Leonard C. Spann
MSgt. Gregory A. Stein
SrA. Thomas A. Terhune
TSgt. Winston R. Thompson
SrA. Jeffrey E. Todnem
MSgt. Ronald B. Tranhan
SSgt. Joe L. Watts
SSgt. Nicole L. Weir
SSgt. Kevin Wilcott
SSgt. Chad M. Williams
TSgt. Stacia L. Williams

See "CCAF," page 16

“CCAF,” from page 15

Other graduates who have since retired, separated from the Air Force or PCSed to other locations are:

MSgt. Alex Alegria
SSgt. Brooklynn J. Anderson
SSgt. Nathan V. Anderson

SSgt. Aliza M. Baez
SrA. Brian T. Baker
TSgt. Mario A Baroz
SSgt. Katie R. Bridges
SSgt. Tammy M. Bush
SSgt. Christopher S. Chambers
SrA. Laura B. Deschaine
SSgt. Shannan C. Donovan
SrA. Theresa N. Eckard
SSgt. Jon R. Gilmore

SrA. Thaddaeus A. Irby
MSgt. James L. Jarvis
SSgt. Carina S. Jones
SSgt. Kurt L. Keller
SrA. Min K. Kong
SSgt. Marq-Paul J. Larose
MSgt. Robert A. Lekanidis
MSgt. Linda D. Lewis-Clay
SSgt. Cyrene A. Manegold
TSgt. Judith Mask

SSgt. Randall S. Osborne
SSgt. Ronald J. Rappe
SSgt. Kimberly S. Reiter
TSgt. Jason C. Rodd
SSgt. Erin M. Sarver
SSgt. Candice A. Vanbibber
SrA. Romy K. Walton
MSgt. Levon L. Williams
SrA. Laura J. Zitur

“AWARD,” from page 11

“I know there are a lot of hard working civilians and to be chosen for this award is an honor.”

With an associate’s degree in data processing, Stanbrough continues to work toward a bachelor’s degree in accounting. She is also involved with the Key Spouse Group, an organization

dedicated to providing assistance to spouses of deployed service members. She has collected toys for a local homeless shelter, volunteered to be a den leader for Bear Cubs and is active as a parent volunteer at school.

Stanbrough said that she considers the most important aspect of her job to be making sure that the commander is at the right place at the right time.

In addition to the gold award,

Stanbrough has won the 694th Support Squadron, 694th Intelligence Group and 70th Intelligence Wing Civilian of the Quarter and 2002 recognition. Most recently, she accepted the Air Intelligence Agency Gordon W. Sommers Award for 2002. She was also named a quarterly winner in the Communications and Information Civilian category at both the group and wing level in 2002.

Career-impacting dates: Must know for airmen

By MSgt. Cindy McCullough
694th Intelligence Group career advisor
Fort Meade, Md.

How often have you heard yourself or heard a young airman say, “If only I knew...”? As the new wing career assistance advisor, I often hear people tell me that they weren’t aware of certain career impacting must-know-dates for first term airmen. Because of this, I’d like to review some of those dates with you.

Retraining Window: Four-year enlistees can apply for retraining between the 35th and 43rd month of service. A six-year enlistee can apply between the 59th and 67th month of service.

Selective Reenlistment Program: four-year enlistees are considered after completing 33 months time in service while six-year enlistees are considered after completing 57 months TIS.

Reenlistments: Four-year enlistees must have 36 consecutive months TIS, be at least an airman first class with 12 months time in grade. A six-year enlistee needs 60 consecutive months and must be at least a senior airman or above.

Career Job Reservation: A CJR does not commit you to reenlist, but is required in order to reenlist. It’s the Air Force’s way to prevent shortages and surpluses in the career force. **This information recently changed.** A four-year enlistee can apply for his CJR on the 1st duty day of the month in which he completes 35 months on his current enlistment while a six-year enlistee needs to complete 59 months. There is **no longer an ending CJR window.** CJRs expire on the member’s ETS plus one day. Once the member enters an extension, the member will need to request a new CJR.

Below the Zone Promotion Eligibility: May be promoted BTZ six months earlier than the normal criteria of 36 months time in service and 20 months time in grade or 28 months time in grade, whichever occurs first.

Montgomery GI Bill: Begin in-service use after 24 months of continuous service.

First Enlisted Performance Report: AICs or below receive first EPR at 20 months time in service.

Good Conduct Medal: Three years TIS for exemplary conduct - awarded every three years

Non-U.S. Citizens: You may apply for citizenship at 36 months TIS; must be a U.S. citizen to reenlist; can only extend six months for obtaining citizenship, if your application has been submitted.

Assignment Time on Station Requirements: Generally, CONUS to CONUS is 12 months TOS and CONUS to overseas is 12 months TOS

Base of Preference: First-termers are eligible to apply for BOP in conjunction with retraining or reenlistment. Member must have eight months time on station to apply; second term and career airmen may apply after 41 months on station.

Airman Leadership School: Senior airmen with 48 months in service, plus 1 year retainability; must complete prior to pinning on staff sergeant

******NOTE:** Exceptions may exist, so I highly encourage all first-term airmen to contact the MPF functional experts with any concerns, questions, or unusual circumstances.

For more information about any of these topics or for up-to-the minute career advice, McCullough is located in Bldg. 9801, Rm. 126A. Her number is (301) 677-0371.

Editor’s Note: McCullough assumed career advisor responsibilities in June. The career corner is a recurring column that will be featured in the Eagle.